

Ribs

Ribs is one of those meals that is either enjoyed, or an annoyance. Mostly, it's messy, with little meat, and lots of work to pull off the few bites there are. While it's a favorite picnic food, it's best to have plenty of clean water to wash your hands and clothes after the meal. Rib meat can also be cooked until it falls off the bones, and then chopped fine, and used in stews and casseroles. Bone free rib meat, while more expensive, is easier to cook and eat. Grilled or baked ribs can be a tasty summer treat.

Pre Cook Preparation:

Marinate: Barbecue sauce for a few hours

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce

Butter (lactose)

Mushrooms

Pork

Potatoes

Pepper

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:

Carving knife

Fork

Pot holders

Pan:

2.5 quart oven safe oblong with lid, or
Grill

Ingredients:**Meat:**

Pork ribs

Vegetables:

15 ounces of carrots

Corn on the cob

15 ounces of green beans

Other ingredients:

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Add meat to pan.
2. Top with barbecue sauce and a dash of salt.
3. Place in oven, or on grill.

Cook Temperature: 350 degrees for oven

Cook Time:

Grill: until done

Oven: 1 hour

Servings: 3

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

Add your oven time here: _____.